

**Reservation required, call
Just For Seniors at 558-6618 &
press 1*

***HICAP Appointment Line:
1-800-434-0222*

****Weight Watchers every
Monday, 12 to 1 pm 12-week
program – Ends May 16/05
Contact Tasha @ 558-6060*

Loma Linda Senior Center
"The Gathering Place"
Telephone: (909) 799-2820
25571 Barton Road
(Behind City Hall and the Fire Station
on Loma Linda Drive)

MAY 2005

*Call Claude for Party Bridge –
795-1995*

*Call Joanne for the Ukulele
Club – 796-8934*

*Call Keoki (George) Ariola for
Intermediate Ukulele - 534-6093*

*Arvin Leach for watercolor
workshop - 797-5266*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Senior Painters Instructions by Betty Hayes 9 to 11 am Cost: \$3.00 ***Weight Watchers 12-1 pm <u>Intermediate Ukulele – 1-3 pm</u>	3 <u>**Ukulele Club Festival 9 am – 5 pm</u> ** Strength & Balance Exercise video 1:30 – 2:30 pm	4 Computer 101* 1- 3 & 3 -5 pm (New class begins) Movie & Refreshment 2:30 pm	5 Watercolor Workshop 9 am to 12 pm Sit & Fit Exercise Video 9:30 am <u>Mandolin</u> 10:30 – Noon Party Bridge 1 - 5 pm <u>Intermediate Ukulele – 1-3 pm</u>	6 SENIOR CENTER CLOSED
8 SENIOR CENTER CLOSED	9 Senior Painters Instructions by Betty Hayes 9 to 11 am Cost: \$3.00 ***Weight Watchers 12-1 pm <u>AARP 55 Alive Driving Prog. 1-5 pm (2 days)</u>	10 Ukulele Club 9 -11 am <u>AARP 55 Alive Driving Prog. 1-5 pm (2 days)</u> Strength & Balance Exercise video 1:30 – 2:30 pm	11 <u>Memory Loss Clinic 9 am-12 pm</u> Computer 101* 1- 3 & 3 -5 pm Movie & Refreshment 2:30 pm	12 Watercolor Workshop 9 am to 12 pm Sit & Fit Exercise Video 9:30 am <u>Mandolin</u> 10:30 – Noon <u>HICAP 1-3:30 pm</u> Party Bridge 1 - 5 pm	13 SENIOR CENTER CLOSED
15 SENIOR CENTER CLOSED	16 Senior Painters Instructions by Betty Hayes 9 to 11 am Cost: \$3.00 ***Weight Watchers 12-1 pm <u>Intermediate Ukulele – 1-3 pm</u>	17 Ukulele Club 9 -11 am Strength & Balance Exercise video 1:30 – 2:30 pm <u>Sr Center Bd. 3 pm</u>	18 <u>Women & Heart Disease – 10-11 a.m.</u> <u>LL. Retirees 11 am – 2 pm</u> Computer 101* 1- 3 & 3 -5 pm Movie & Refreshment 2:30 pm	19 Watercolor Workshop 9 am to 12 pm Sit & Fit Exercise Video 9:30 am <u>Mandolin</u> 10:30 – Noon Party Bridge 1 - 5 pm <u>Intermediate Ukulele – 1-3 pm</u>	20 SENIOR CENTER CLOSED
22 <u>LOMA LINDA ARTS & CRAFTS FAIR 2PM - 4PM</u>	23 Senior Painters Instructions by Betty Hayes 9 to 11 am Cost: \$3.00 ***Weight Watchers 12-1 pm	24 Ukulele Club 9 -11 am Strength & Balance Exercise video 1:30 – 2:30 pm <u>Tea & Travel 2:30 - 4 pm</u>	25 <u>Senior Health Clinic 9 –11 am</u> <u>Memory Loss Clinic 9 am-12 pm</u> Computer 101* 1- 3 & 3 -5 pm Movie & Refreshment 2:30 pm	26 Watercolor Workshop 9 am to 12 pm Sit & Fit Exercise Video 9:30 am <u>Mandolin</u> 10:30 – Noon Party Bridge 1 - 5 pm <u>HICAP 1-3:30 pm</u>	27 SENIOR CENTER CLOSED
29 SENIOR CENTER CLOSED	30 <u>MEMORIAL DAY CITY HALL AND SENIOR CENTER CLOSED</u>	31 Ukulele Club 9 -11 am Strength & Balance Exercise video 1:30 – 2:30 pm			